CRITERIA

CONTENT

Student's successfully completing the Nutrition competencies listed below in any of Iowa's Secondary Districts may seek advanced standing in Iowa' Community Colleges Hospitality/Culinary Arts programs.

COMPETENCIES

Summarize the characteristics, functions and best sources of carbohydrates.
Summarize the characteristics, functions and best sources of proteins.
Summarize the characteristics, functions and best sources of fat.
Summarize the characteristics, functions and best sources of vitamins, minerals, and water.
Describe the process of digestion and absorption.
Consider factors that influence food selections for a variety of health conditions i.e. food allergies.
Read and interpret nutrition and other information on food labels.
Explain the USDA Food Guide Pyramid and food exchange system.
Evaluate menus based on the current USDA Dietary Guidelines.
Use the USDA Food Guide Pyramid in planning and evaluating recipes and menus.
Calculate energy needs upon basal metabolic rate exercise expenditures.
Discuss and demonstrate food preparation techniques and storage principles for maximum retention of nutrients.

PERFORMANCE LEVEL

A performance level of 80% is recommended.

TIMELINE TO ARTICULATE

Enrollment in an applicable postsecondary program must occur within one academic year of graduation from high school.

SECONDARY PROCEDURE

The secondary comprehensive occupational or Family and Consumer Sciences instructors shall complete and sign the certificate as well as obtain the principal's signature.

POSTSECONDARY PROCEDURE

The student must submit the certificate to the postsecondary program department or an enrollment officer during the admission process.

TRANSCRIPT RECORDING

Time of certificate recording on transcript will depend on the established policy of the receiving institution.

BACCALAUREATE IMPLICATIONS

Transferability of these competencies to a four-year degree will be determined by the receiving institution.

COMPETENCY CERTIFICATE

For Statewide Articulation

Nutrition

Des Moines Area Community College Eastern Iowa Community College District Hawkeye Community College Indian Hills Community College Iowa Lakes Community College Iowa Western Community College Kirkwood Community College

This award certifies that

Name	High School	City/Town	
Has achieved and demonstrated the necessary articulated competencies and is therefore recognized			
This _	Day of		
Instructor		Principal	